

# Raya Wellness

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## Daily Protocol

### Beginner's Daily Protocol

#### Upon Rising

- Stretch, sigh, deep breathing, 10 minute walk
- Self massage practice
- Neti pot - nasal cleansing practice
- Hydrate with lemon and purified hot water
- Aloe drink - 1/2 oz - 1 oz
- Dry brush or hot towel scrub
- Exercise in whatever way feels appropriate
- Take a probiotic and Vitamin C

#### Breakfast

- Cup of a morning elixir or if choosing green tea (limit to two cups per day, if caffeinated)
- Breakfast option of your choice (add in the intestinal sweeping powder anytime throughout the day in a drink or some water or a smoothie)

#### Mid-morning

- Hydrate
- Take a standing forward bend or walk break

- Smoothie or snack of your choice

### Lunch

- Hydrate with water with lemon
- Take a 10 minute walk and or a few minutes of deep breathing
- Lunch option of your choice

### Afternoon

- Hydrate
- Snack option of your choice:
- A warming elixir

### Before Dinner

- Water with lemon

### Dinner

- Dinner option of your choice

### Before Bed

- Just before bed, take you probiotic supplement. (Probiotics work best on an empty tummy.)
- Toxin Eliminator Bath
- Gratitude – for 2 minutes, name all the things you are grateful for
- Journal about your energy level/notes

## Intermediate's Daily Protocol

### No animal protein

### Upon Rising

- Stretch, sigh, deep breathing, 10 minute walk
- Self massage practice
- Neti pot - nasal cleansing practice
- Lemon with filtered water

- Aloe drink - 1/2 oz - 1 oz
- Dry brush or hot towel scrub
- Exercise in whatever way that feels appropriate
- Take a probiotic and Vitamin C

### Breakfast

- Cup of a morning elixir or if choosing green tea (limit to two cups per day, if caffeinated)
- Breakfast option of your choice (add in the intestinal sweeping powder anytime throughout the day in a drink or some water or a smoothie)

### Mid-morning

- Hydrate with lemon water
- Take a standing forward bend break if at work
- Smoothie or snack of your choice

### Lunch

- Hydrate with water with lemon
- Lunch option of your choice
- Take a 10 minute walk and or a few minutes of deep breathing

### Afternoon

- Hydrate
- Smoothie or snack of your choice
- An elixir

### Before Dinner

- Green drink or smoothie (optional)

### Dinner (preferably no corn or grains of any kind)

- Dinner option of your choice

### Before Bed

Eat dinner 3 hours before bedtime.

**\*\*Optional\*\*** One hour after eating mix 1 tsp of bentonite clay in purified water and drink

Just before bed, take your probiotic supplement. (Probiotics work best on an empty tummy.)

**\*\*Optional\*\*** To increase bowel movements with a gentle colon toner, take two triphala capsules before bed with a glass of water.

You can get triphala, probiotics, aloe, vit C, neti pot supplies and other supplements from Raya or at your local health food store.

- Toxin Eliminator Bath
- Take 2 tbsp. ground flax or chia seeds in 6 oz. water to help stimulate morning elimination. (Only recommended if you are experiencing constipation.)
- Gratitude – for 2 minutes, name all the things you are grateful for
- Journal about your energy level/notes

### Transition off the Cleanse Daily Protocol

#### Upon Rising

- Stretch, sigh, deep breathing 10 minute walk
- Self massage practice
- Neti pot - nasal cleansing practice
- Hydrate with filtered water with lemon
- Aloe drink - 1/2 oz - 1 oz
- Dry brush or hot towel scrub
- Exercise in whatever way that feels appropriate
- Take probiotic and Vitamin C

#### Breakfast

- Cup of a morning elixir or if choosing green tea (limit to two cups per day, if caffeinated)
- Breakfast option of your choice

#### Mid-morning

- Hydrate

- Take a standing forward bend or walk break if at work (or even if not)
- Smoothie or snack of your choice

### Lunch

- Lunch option of your choice

### Afternoon

- Hydrate
- Smoothie or snack of your choice

### Before Dinner

- Green drink or smoothie (optional)

**Dinner** (you can begin to add animal proteins if you wish) (go slow adding grains and/or dairy) Take at least 3-4 days to introduce a new food before adding in another one, to let your body speak to you clearly about how the “new” food makes you feel

- Dinner option of your choice

### Before Bed

- Toxin Eliminator Bath
- Gratitude – for 2 minutes, name all the things you are grateful for.